

DOGGIE DOS AND DONTs

This guide would not be complete without mentioning other rationale us good folk use for not banning plastic bags!

Why not use your bread bag, pasta bag, or any other packaging that can get between you and the poo.

There are compostable doggie litter bags available, make sure you find those that are suitable for **home composting** (such as <https://compostapak.com.au>) and most importantly compost it!

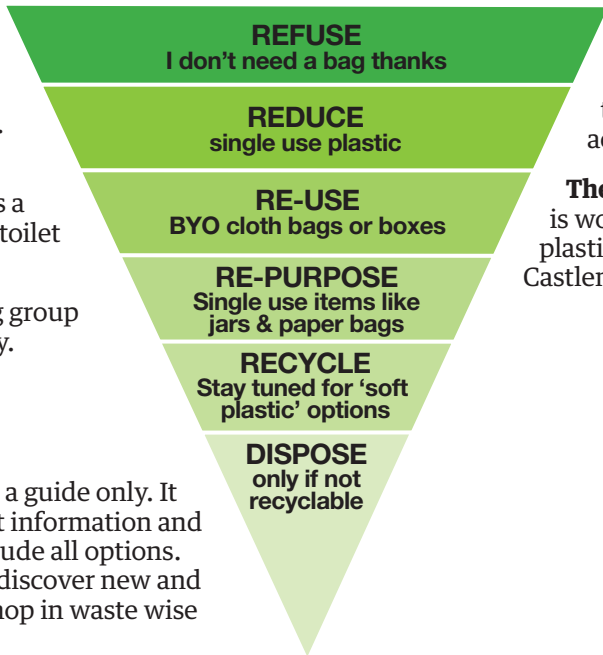
BULK BUYING GROUPS

There are a few bulk buy groups in Castlemaine. Many operate through Facebook.

Look for: 'Castlemaine Gives a Crap' for bulk buy toilet paper.

Start a bulk buying group in your community.

Disclaimer: This is a guide only. It is based on current information and will surely not include all options. You will no doubt discover new and exciting ways to shop in waste wise ways.



The Hub Foundation is working on a soft plastics recycling in Castlemaine.



RECYCLING

Note the position of recycling on our hierarchy; it's close to a last resort. However it's really useful to know where and what you can recycle.

Loddon Mallee Waste & Resource Recovery Group have produced a great 'app' (<https://lmwrrg.vic.gov.au/loddon-mallee-waste-info-app/>) to have on your phone. It will tell you what can/can't be recycled in your area and reminds you when to put your bins out!

Some shops are able to offer soft plastics recycling, as the wholesale markets, from which they purchase, offer recycling to their buyers. ask them if they can recycle for you. Any that go to a wholesale market should be able!

RedCycle are a company offering 'soft' plastics recycling, mostly through Coles stores. Check their website (<https://www.redcycle.net.au>) for what they can and can't accept.



Waste wise shopping ^{and around} in Castlemaine

A GOLDEN RULE FOR LIVING A LOW IMPACT LIFESTYLE IS TO CONSUME LESS!

Making conscious and informed choices and about what to buy raises questions. In this guide, we apply the 'waste minimization' lens to explore food shopping.

It may take a while to change old habits, so be kind to yourself. Find a 'choice' message that resonates, e.g. "I choose to adopt waste wise ways as it meets my need to make a contribution towards a safer planet". This is proven to be more effective than 'guilt tripping'!

Remember to be kind to others, they have habits to change too.

This guide provides some handy hints to help you find food with no packaging.

BASICS

REMEMBER YOUR BYO BAGS

- Store your bags in your bicycle/pram/car/bag?
- Take them into the shop!
- If you forget your bags - don't shop? You will probably remember them next time!

CONTAINERS

- Re-use glass jars, or larger plastic sturdy containers.
- Keep them clean!

BUY LOCAL

- Buying food produced locally usually means it has a lower 'carbon footprint'.

PERSONAL PRODUCTS

There are a number of the shops listed that offer **shampoo, conditioner** and **'hand wash'** in your own container/bottle.

When considering 'sanitary' products there are a number of options:

- Reusable 'rad pads' or 'menstrual cups'
- Fully compostable sanitary pads
- Compostable nappies
- Razors with replaceable heads and 'shaving bar'
- Old fashioned razor blades
- Bamboo toothbrushes

FRUIT AND VEG

- It's easy to carry most items loose in your basket/bag.
- Take your own produce bags for things like beans/loose leaf spinach.
- Reuse pasta packets, bread bags, etc.
- Purchase 'Onya' bags (mesh bags made from recycled drink bottles) at many local grocers - they are washable and recyclable at the end of their long lives.

OUTLETS FOR UNPACKAGED FRUIT AND VEG

We have plenty of options in Castlemaine.

- Buying direct from the grower is ideal. There are a few 'box schemes' in Castlemaine which come and go according to season. Ask around for Gung Hoe Growers, Metcalfe Produce, the Food garden, or other 'pop-up' growers.
- Monthly Castlemaine Farmers Market

- Weekly Wesley Hill Market
- Green Goes the Grocer (organic*)
- The Food Garden (organic*)
- Harvest Fruit and Veg at The Mill
- Castlemaine Fresh

...and of course the supermarkets

* You may be surprised just how cheap organic can be!

PRE-PACKAGED ITEMS

IF YOU MUST BUY A PRE-PACKAGED ITEM

Choose packaging made of glass, metal, or paper over lower-grade plastic packaging. Keep in mind that plastic is never truly recycled, but is 'down-cycled' into a lesser form of itself until eventually it ends up in landfill. Other materials, however, maintain their integrity through recycling. If you do end up using a plastic bag, rinse and reuse, and reuse, and reuse...

Be prepared to refuse items based on packaging. Look for an alternative.

Talk to the shop owner? Talking to our retailers about other choices for 'unpacked' food items is great. Also be prepared to **listen** and learn from them about what their reasons are for packaging. See if you can **problem solve together**.

TAKE AWAY FOOD

The Local Café offers delicious 'Tiffin Meals' (the famous Indian lunch containers) on a Friday evening.

Other restaurants may be open to BYO containers.

I've never tried BYO pizza box. But if it's clean, I don't see why not!

BULK GROCERIES

We are rich in options with many 'bulk foods' available. You don't need to **buy in bulk**: the grocer has done this. You get to take home exactly the amount you want!

You bring the packaging, so you'll need:

- A variety of bags - clean
- Containers/jars - clean

Foods available in bulk:

- | | | | |
|------------------------------|---------------------------------------|----------------------------|----------------------|
| • Nuts and dried fruit | beans) | • Maple syrup | • Tamari |
| • Herbs | • Cereals (corn flakes, oats, muesli) | • Oils | • Cheese |
| • Flour | • Sugar | • Vinegar | • Other deli items |
| • Pasta | • Herbal Teas | • Dish/clothes wash liquid | • Meat/fish |
| • Rice | • Cocoa | • Shampoo, conditioner | • Beer brewing stuff |
| • Grains | • Peanut butter | • Chocolate! | • Bread |
| • Dried legumes (chick peas/ | • Tahini | • Liquorice | ...and more |
| | • Honey | | |

HEALTH AND SAFETY NOTE ON USING YOUR OWN CONTAINERS

Only take **clean** containers to shops. While there are **no regulations** or council laws that prohibit retailers from putting items into your own container, it is up to the business to make this decision. If your container looks dirty, they may refuse to fill it.

SHOPS THAT OFFER BULK PURCHASE

- Green Goes the Grocer
- The Food Garden
- Castlemaine Health Food Store
- Castlemaine Fresh (if you ask)
- Drummond Cottage (for shampoo, soaps etc.)
- Nut stall at Wesley Hill Market on Saturdays
- Refill your coffee bag at Rocket Roast Wesley Hill market.

BIN LINERS

Why not put waste **directly into a plastic bin**, which can be washed? Some folk line the bin with newspaper, or bread bags, pasta bags etc.

Separating food and organic waste into a composting, chook or worm farm system will help keep your rubbish bin cleaner, as well as keep methane producing green waste out of landfill!

If you don't have a household compost or worm farm, maybe your neighbour does, or your nearest community garden. There are now many community worm farms in Castlemaine, for example at schools and community gardens.